



Halton Infant Feeding Services

For more information call the team
on: 0300 029 0029 or email
breastfeeding.team@halton.gov.uk
familyhubs@halton.gov.uk

www.haltonfamilyhubs.co.uk



Funded by
UK Government

Infant Feeding Support in Halton

START WELL

We're here for you – during pregnancy and beyond!

Free antenatal workshops

Free home and phone support after baby arrives

Free drop in groups and clinics

Free Introducing solids sessions from 4 months



You're not alone – we're with you
every step of the way.

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ANTENATAL WORKSHOPS INFANT FEEDING

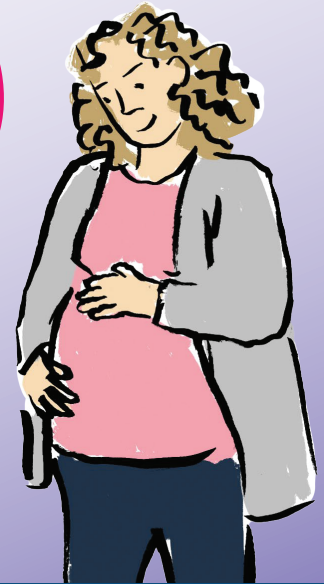
Expecting a baby?

Want to feel confident to feed your baby?

Join our **FREE**, friendly workshop to learn about all your feeding options and how to get off to a great start. Partners/caregivers welcome - refreshments provided!



Scan the QR code to book
or call **0300 029 0029**
Booking is essential!



www.haltonfamilyhubs.co.uk



Free Breastfeeding Groups – Drop In!

Meet other parents, grab a cuppa and chat with our qualified team.

No need to book - just pop in!



All children welcome - snacks and drinks provided.

Scan the QR to find your local group.

Want to chat first? Call us on 0300 029 0029

www.haltonfamilyhubs.co.uk





Specialist Infant Feeding Drop-In Clinics (NHS)

If you have already seen one of our qualified Halton Infant Feeding Team Support workers and need more specialist help, you can visit our NHS Specialist Infant Feeding Team at one of the drop-In clinics.

These clinics support families with complex/ongoing feeding issues, such as breastfeeding difficulties, bottle or formula feeding concerns, suspected dairy allergies (CMPA), reflux, or tongue-tie.



To ensure you see the right practitioner if requiring a tongue-tie assessment, you are welcome to contact us before attending a drop-in clinic.

Call 0151 495 5069

(Messages are checked Mon-Fri 9-5, for non-urgent enquiries)

www.haltonfamilyhubs.co.uk

Introducing Solid Foods Free Session

Starting solids?

**Want to know how to feel confident
as you begin this journey?**

Your baby will typically be ready to start weaning around 6 months of age. Join us for this free session when your baby is around 4 months old to learn more!



Booking is essential.

SCAN THE QR CODE BOOK YOUR PLACE

Call 0300 029 0029



**Or scan the QR code
with your phone:**

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**Scan the QR to find where your
breastfeeding friendly venues and
businesses are in Halton.**



Are you passionate about breastfeeding & would like to support other mothers?

We are seeking local volunteers to join our
Infant Feeding service.

scan me



**Scan the QR for more info
or call 0300 029 0029**



**Give your child a healthy
start in life with HENRY!**

**Free workshops for parents
and carers in Halton.**



**Scan the QR code for
details of our HENRY
sessions!**



Halton Infant Feeding Team:

03000290029

breastfeeding.team@halton.gov.uk

La Leche League:

0345 120 2918

National Breastfeeding helpline:

0300 100 0212

**FREE feeding
support on your
phone from  anya**



**24/7 parental
support during
the first 1001
days from
conception to
toddlerhood**



**Halton Infant
Feeding Team**
Join our private
Facebook group



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